

# CAMPUS HEALTH & WELLBEING

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Student Health Center (Bldg. 27)

Campus Health & Wellbeing cultivates student success through timely holistic care and the promotion of lasting wellness. A variety of services are offered for students including ambulatory health care, laboratory testing, onsite X-rays, prescription medications, individual and group mental health counseling, health education programs, and wellbeing resources (financial, career, social, community, and physical/mental health). Campus Health & Wellbeing assists students by minimizing class time lost due to illness, injury, or personal problems. An After-Hours Nurse Advice Line and a Psychological Crisis Line are available at no cost when the Student Health Center is closed. Students may reach the After-Hours Nurse Advice Line by calling the regular Health Center's phone number (805.756.1211). The Psychological Crisis Line may be accessed by calling the regular Counseling Services phone number (805.756.2511).

## Health Services

Student Health Center (Bldg. 27)

Phone: 805.756.1211

<http://chw.calpoly.edu>

The following services are available to all enrolled students as part of the Health Services Fee:

- **Outpatient medical services**, year-round, Monday through Friday, 8:00 a.m. to 4:30 p.m. except Wednesday, 9:00 a.m. to 4:30 p.m., including primary medical care, nursing services, men's/women's health care, laboratory testing and routine X-ray procedures.
- **Additional medical services** at a low cost: prescription medication, over-the-counter items, outside laboratory tests, immunizations, and orthopedic supplies.

## Health Education

Student Health Center (Bldg. 27)

Phone: 805.756.6181

<http://pulse.calpoly.edu>

**Health Education** offers evidenced-based prevention education and programming to support the health and wellbeing of students. Led by a team of professional staff, the health education team trains students to be Certified Peer Health Educators in the PULSE Program (Peers Understanding Listening Supporting and Educating). Students can participate in a variety of services such as one-on-one consultations with a peer health educator, 30-minute appointments in the massage chair, or accessing the food pantry for students experiencing financial hardship.

PULSE Peers provide peer-to-peer programming in four main areas:

- Educational Resources On Sexuality (EROS)
- Thoughtful Lifestyle Choices (TLC)
- Health Enrichment Action Team (HEAT)
- Reach-Out, Empower, Accept, Listen (REAL)

## Campus Wellbeing

Student Health Center (Bldg. 27)

Phone: 805.756.5442

<http://wellbeing.calpoly.edu>

**Campus Wellbeing** offers education, resources and programming to support students in achieving a balanced life for success in their personal and professional endeavors. Through the connection of the different life elements – community, financial, physical, social, professional/ career and emotional wellbeing - the program aims to support students in developing essential life skills to prepare for their future endeavors. Campus Wellbeing collaborates with campus and community partners to identify resources and conduct research to offer recommendations regarding best practice for healthy campus communities.

## Counseling Services

Student Health Center (Bldg. 27)

Phone: 805.756.2511

<http://counseling.calpoly.edu>

**Counseling Services** promotes the development of holistic student emotional health. As mental health professionals, the department serves the campus community through advocacy and the provision of confidential, accessible services. Counseling Services helps students develop and maintain the skills integral to mental health through hands-on workshops; individual, couples and group therapy; crisis intervention; consultations with parents, faculty, and staff; and, mental health trainings.